

KNOW YOUR BMI NUMBER!

A healthy weight is determined by your body mass index (BMI), an indicator of body fat. Generally, a healthy BMI number is between 18 and 25.

Overweight is defined as a BMI equal to or greater than 25 and obesity is defined as a BMI equal to or greater than 30.

It only takes a few seconds to find out your BMI – use the BMI calculator on the next page or the one in the MyHumana Weight Management Center.

Thirty minutes of exercise

Exercise can help you lose weight, burn calories, and build muscle mass. It can also help manage your weight. Regular exercise increases your metabolism, so you use up more glucose naturally and avoid diabetes. Exercise also helps your cells respond better to the insulin in your blood.

You don't have to be in the gym for hours a day to see the benefits. It's been shown that 30 minutes of physical activity – such as walking – can have a big impact on your health. Small efforts can easily add up to 30 minutes – so try these whenever you have the opportunity:

- Take the stairs instead of the elevator
- Go for a walk at lunch time
- Walk your dog
- Take a couple of extra laps around the grocery store or the shopping mall
- Work out with a friend to help keep you motivated



The role of diet

Maintaining a diet low in fat, sugars, and salt will help reduce your risk for heart disease and better manage your health.

MyHumana

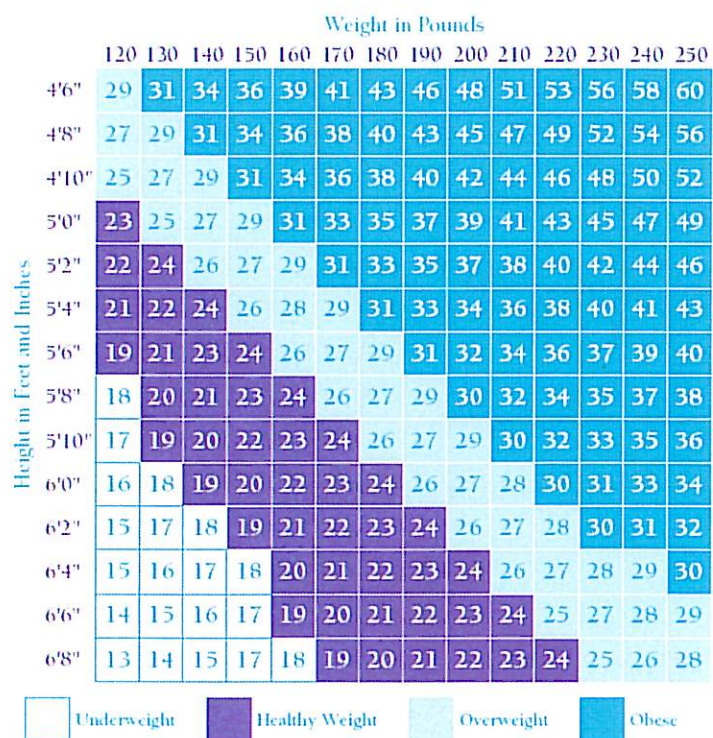
Controlling your weight can help prevent serious health problems like heart disease and diabetes. And with MyHumana, your password-protected personal page on **Humana.com**, you have help at your fingertips – including the Weight Management Center.

While visiting the Weight Management Center, find out why a healthy weight is important for good health. Understand how eating right and including fiber and low-fat protein sources in your diet can benefit your body and help maintain your weight.

(continued on next page)

HUMANA
Guidance when you need it most

BMI Calculator



Note: This chart is for adults (≥ 20 years old)

Source: The American Diabetes Association